



Cheryl's Butter Triggerfish

2-4 Trigger Fish Fillets (vary ingredients according to size of fillets)

4 Tablespoons Butter, room temperature

1 Tablespoon Olive Oil

4-6 Tablespoons Flour

¼ Teaspoon Ground Salt

¼ to ½ Teaspoon Fresh Ground Pepper

1/3 to 1/2 Cup White Wine

1/4 Cup Fresh Squeezed Lemon Juice

1/4 Cup Capers, drained (if you like capers, let some juice slide)

1 ½ Tablespoon Fresh Chopped Parsley

¼ to ½ Teaspoon Lemon Zest (Optional)

Preparation:

Very, very Sparingly, sprinkle one side of fillets with salt.

Place flour, salt, pepper in large zip lock bag or bowl. Place fillets in flour and coat evenly.

In large enough pan, heat olive oil to frying temperature. Turn heat down slightly and add butter, as not to burn butter. Gently cook fillets until they are golden color and when pierced with fork cooked through. When done, gently transfer fillets to a platter and tent with foil to keep warm.

Add wine and lemon juice to hot pan to loosen pan scrapings into the liquid for flavor. Bring mixture to a boil and add capers, parsley and lemon zest. Sauce should be slightly thickened. Check to see if the flavor is to your liking, pour sauce over fillets and serve immediately.